



Eldercare Resources

Many state employees are also children of aging parents. KEAP has developed a handbook that covers many topics in the area of eldercare. Below is the Table of Contents for the handbook *Facing the Challenges of Eldercare*.

- 1. KNOWING WHEN YOUR PARENT NEEDS HELP**
- 2. EDUCATION AND PLANNING**
- 3. COMMUNICATING WITH YOUR PARENT**
- 4. FORMING A TEAM**
- 5. DETERMINING WHAT'S NEEDED**
 - a. Helping stay at home
 - b. Living with you
 - c. Assisted living
 - d. Residential care
- 6. LOCATING SPECIFIC RESOURCES**
- 7. LEGAL and FINANCIAL CONCERNS**
- 8. HEALTH & PRACTICAL CARE TIPS**
- 9. WORK AND CAREGIVING**
- 10. CARE FOR THE CAREGIVER**

Contact the staff at KEAP to receive a copy.

CHFS Department for Aging and Independent Living provides a Resource Guide that offers information about programs and services for the aging and people with disabilities. Find it at www.chfs.ky.gov/dail/resourcemarket .